

(423) 870-8924, Address: 232 Ring Road, Suite 102 (Behind Northgate Mall)



September - December 2004

North River Civic Center



PARKS
RECREATION
ARTS
CULTURE

www.chattanooga.gov/cpr

Programs

Cake Decorating by the Sugar Shoppe

Dates: October 7 - 28

Thursdays, 1:00pm - 3:00pm

Cost: \$55 for 4-sessions

(Supplies included)

Instructor: Sibyl Carmichael

Basic cake decorating class, students must bring cakes. You will also learn how to make icing! FUN!

Painting and Fun Composition

Dates: September 8, 15, 22, 29, & Oct. 6
Wednesdays, 1:00pm - 4:00pm

Cost: \$90 for 5-sessions

Instructor: Robin Townsend

This is a light-hearted and whimsical approach to introducing composition to beginning artist. The instructor goes beyond locating a focal point, she looks at various ways of leading the eye and creating harmony. Students may choose other painting media although the artist demonstrates with acrylics.

Flower Arranging Class

Dates: September 1 - October 6

Wednesdays, 3:00pm - 5:00pm

Cost: \$100 for 6-sessions

(Flowers & containers included w/price)

Instructor: Joey Allen



Basic simple designs can bring the scent of beauty of flowers into your home. You will get tips on how to bring color and interest to your bouquet. Study the most popular bouquets. Get quick and easy ideas for arranging & designing centerpieces. Get projects, ideas, and instructions to make fresh, dried, silk, and vase arrangements for your home and learn simple table arrangement tips for dining tables, centerpieces, etc. Students will need to bring their own cutting instruments.

Bowling for Seniors 55 and Over

Learn to Bowl Lessons

Holiday Bowl in Hixson

Mondays, 12:30pm

No Cost

Participants will receive free lessons, one hour of bowling, use of equipment and refreshments. Great exercise and a chance to socialize with old and new friends. Contact Gary or Joyce, 843-2695.

Beginning Drawing Techniques

October 7 - November 4

Thursdays, 3:30pm - 4:30pm

Cost: \$80 for 5-sessions

Instructor: Donnie L. Roberts

Beginning students will bring their favorite pictures of loved ones or friends to practice drawing. Various shading techniques will be approached using black and white as well as color. Students will need to bring supplies: soft pastels, drawing pencils, and papers.

Faux Stained Glass

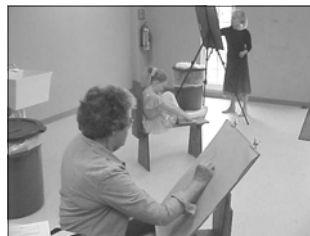
September 9 - 30

Thursdays, 10:00am - 11:00am

Cost: \$40 for 4-sessions

Instructor: Glenda Thompson

Lights, Action, Color - add color to your world by creating faux stained glass sun catchers, ornaments, or various artworks. Students learn how to use a simple method of applying liquid lead and glass color to solid pane pre-cut glass. Classes will meet for one hour for four-weeks. Supplies will be provided.



Life Drawing

Mondays, 10:00am - 1:00pm

Join advanced artist group who pool together to hire a model, no instructor.

Media: Charcoal and pastels.

Knitting Classes

Wednesdays, 10:00am

Instructor: Kathy Maxwell

No Cost

Introduction to Tap Dance

For Adults and Seniors

Beginning September 17

Fridays, 10:00am - 11:00am

Cost: \$25 for 5-sessions

Instructor: Jerrie Muncie

Tap dancing is an American traditional art form and a rhythmic expression style of dance. Tap dance is a skill that helps regain and re-educate large motor movement. Tap dance also increases endurance and helps to establish better balance.

Beginning Piano, Voice, and Guitar

Date: TBA

Instructor: Adam Brown

Cost: \$80 for 4-sessions

Books and Lemonade

Monday, September 13

10:00am - 11:30am

Group Leader: Martha Knee

Discussion group reading best sellers, classical, general interest books.

Creative Movement and Relaxation

Tuesdays at 10:0am

Thursdays at 4:00pm

No Cost

Relaxation and creative expression play important roles in the healing process. Using music and silence, stillness and movement, this class will focus on the development of relaxation skills and a deepening awareness of the body.

Join Our Card Clubs!

Bridge:

2nd & 4th Wednesday, 1:00pm - 4:30pm

Thursdays, 10:00am - 1:00pm

Fridays, 10:00am - 1:00pm

Canasta, Rook, Bunco:

Tuesdays, 1:30pm - 3:30pm

Fridays, 10:00am - 1:00pm

Pinnacle:

Fridays, 2:00pm - 4:30pm

More Games Available:

Ping Pong, Monopoly, Deluxe Scrabble, Dominoes, Chess, Jenga, Backgammon, Mancala, Uno, 1000pc puzzles.

Seminars

“What’s Wrong With Your Feet?”

Orthopedic Seminar

Tuesday, September 14

11:30pm - 12:30pm

No Cost

Presented by the Center for Sports Medicine and Orthopedics. Reservation are required: **Call 495-GOLD**. Dr. John Chrostowski will give a free demonstration of new computer imaging technology to evaluate foot problems for better shoe fit.

“Hour with an Orthopedic”

Tuesday, December 14

11:30pm - 12:30pm

FREE

Light lunch will be served!

Call 495-4653 to register.



**Take
Piano/
Keyboard
Classes at
the Civic
Center.**

MEMORIAL HOSPITAL'S
**GOLD
Circle**
for those 50 & better!

Fun & Fitness

Provided by
Memorial's Health Place at
Hixson

Low Impact Aerobics

Mondays & Fridays, 11:00AM– 12:00PM

Wednesdays, 2:00PM - 3:00PM

Instructor: Liz Henderson

\$1 for Gold Circle Members /

\$2 non-members



Tai Chi

Fridays, 1:00pm - 2:00pm

Instructor: Chris Campbell

\$100 for Gold Circle Members/\$160 for non-members

Tai Chi has many benefits for all ages. The three main benefits to practicing tai chi are: 1.) Improve circulation. 2.) Deeper breathing and 3.) Improved balance. The relaxed, fluid movements are easy and can even be done in a chair. All are welcome and are encouraged to practice at their own pace.

Special Events

North River Community Celebration!

October 18 - 23

North River Civic Center

A week long celebration with education seminars, live entertainment, health screenings, door prizes, sample massages, refreshments, and health cooking demonstrations. *A mini health fair will held on*

Saturday, October 23 from 10:00am - 2:00pm.

Call 870-8924 for more information.

Chattanooga Symphony & Opera

Holiday Performance

Friday, December 3

Time: 6:00pm